

ABSTRACT

Title: Case Report of Physiotherapy Treatment of a Patient Diagnosed with the Fracture of the Distal Tibia.

Objectives: The aim of my bachelor thesis was to study and summarize the knowledge about the fracture of the distal tibia and subsequent state after osteosynthesis. Then to apply this knowledge in practice when working with the patients with this diagnosis. Finally, the aim was to work out the case report of the particular patient.

Methods: The general part of the bachelor thesis is focused on the general anatomy, kinesiology, biomechanics and traumatology. Further, there is also mentioned the knowledge about the examination by a physiotherapist, the treatment of this diagnosis and possible subsequent post-operative care. The thesis also summarizes the complications that can occur during or after the treatment. The special part of the bachelor thesis is focused on the case report of the patient after the fracture of the distal tibia which was treated by osteosynthesis. I worked with the patient during my practical training in the Locomotor System Treatment Centre in Prague ó Vyso any, in the period from 22 January, 2016 till 12 February, 2016. The thesis includes the case history, initial and final kinesiology analysis. Furthermore the individual therapeutic treatments in particular days are worked out here. The final part of the thesis compares the results of the initial and final examinations and brings an assessment of the overall condition of the patient. Last but not least, there is assessed an effect of the therapy and a long-term therapeutic plan.

Results: According to the results of the assessment of the effect of therapy, the aims that were set were successfully met. During the therapy the joint mobility and muscle strength of the left ankle joint and leg was gradually improving. We have also managed to relieve swelling and to stretch left leg muscles. The important thing for us was also to improve stability both when walking and standing. Working with the patient enabled me to try out my own skills and gain new experience.

Key words: case report, fracture, ankle joint, tibia, osteosynthesis, physiotherapy, rehabilitation